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C H E F M A R K B R O W N



Steak with Beetroot
and Garlic Mash Potato

I n g r e d i e n t s

Steak

Steak Season

Salt

Pepper

Butter

Garlic

Rosemary

Beetroot Garlic Mash Potato

Olive Oil

Non-Salted Butter

Heavy Cream

Garlic

Beetroot

D i r e c t i o n s

Steak

1. **Seasoning Steak** – Season steak & leave to marinate 15 mins before cooking, sprinkle both sides generously with steak seasoning, salt and pepper.
2. **Mark Steak** – Mark both sides of the steak on chard grill.
3. **Heat Pan-** Preheat the pan on medium and brush with olive oil.
4. **Sear steaks** – Add steaks and sear each side 3-4 minutes until a brown crust has formed then use tongs to turn steaks on their sides and sear edges.
5. **Add butter and Aromatics** – Melt in butter with garlic and rosemary sprigs. Tilt pan to spoon garlic butter over steaks and cook to your desired doneness.

Beetroot Garlic Mash Potato

1. **Boil Potato-** Until they come to soft and tender texture then drain water.
2. **Mixture-** Add your ingredients to the potato and Wisk/mash potato until soft & smooth.
3. **Beetroot-** Split potato into two halves then add your blended beetroot to one half & mix until completely combined with potato.
4. **Combine-** Place both half of potato side by side in bowl, proceed to using a scoop to serve.

P r e s e n t a t i o n





Lobster & Shrimp with Beetroot and Garlic Mash Potato

Ingredients

Lobster & Shrimp

Lobster
Shrimp
Salt
Pepper
Garlic
Butter
Olive Oil

Beetroot Garlic Mash Potato

Olive Oil
Non-Salted Butter
Heavy Cream
Garlic
Beetroot

Lobster & Shrimp

1. **Seasoning Lobster-** Season lobster generously with blended margination salt & pepper.
2. **Preheat Oven-** Preheat Oven to 350 degrees then place Lobster inside to cook until soft and tender.
3. **Season Shrimp** – Season shrimp with salt & pepper and sauté in olive oil and garlic.

Beetroot Garlic Mash Potato

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4. **Combine-** Place both half of potato side by side in bowl, proceed to using a scoop to serve.

Presentation





Shrimp Quesadilla with Salsa

Ingredients

Shrimp Quesadillas

Shrimp
Salt
Pepper
Garlic
Onion
Carrot
Butter
Olive Oil
Cheese
Green, Yellow and Red Bell Peppers

Salsa

Salt
Pepper
Green, Yellow and Red Bell Peppers
Cilantro
Ketchup
Onion
Olive Oil
Tomato

Presentation



Directions

Quesadilla

1. **Preparing Quesadilla-** Heat 3 table spoon olive oil in a large frying pan over medium heat. Add and stir onion, garlic, red, green & yellow bell pepper in the hot oil, stirring frequently, until onion is translucent and peppers are soft.
2. **Combine-** Add shrimp into pot with veg and cook shrimp for 3 to 5 minutes.
3. **Tortilla Prep-** Place your tortilla wrap into a hot pan lightly brush with olive oil, Add Cheese to tortilla wrap.
4. **Wrap-** Add your cooked shrimp to tortilla wrap then sprinkle cheese on top and fold, Cook both sides until golden brown and crispy.

Salsa

1. Cut bell peppers, onion and carrot into small stripes then add to a clean container.
2. Finely chop garlic and cilantro and add to mixture.
3. Add ketchup, olive oil.
4. Add salt & pepper.



Escovitch Fish with Fried Bammy

Ingredients

Escovitch Fish

Fish Fillet
Fish Seasoning
Salt
Pepper
Vinegar
Sugar
Carrot
Garlic
Onion
Thyme
Green, Yellow and Red Bell Peppers

Fried Bammy

Bammy
Salt
Sugar
Coconut Milk
Cinnamon Powder

Directions

Escovitch Fish

2. **Preparing Fish** – Season fish generously on both sides with dry powder seasoning
3. Heat oil in a large frying pan over medium-high heat until oil is well heated up.
4. Place your fish in all purpose flour and lightly coat both sides with flour then shake to remove excess flour from fish
5. Carefully place the fish in the pan and fry until browned and crisp, about 5 minutes per side. Remove fish and place on a paper towel-lined plate.

Making Escovitch Sauce- Heat 1 tablespoon olive oil in a large frying pan over medium-high heat. Add onion, bell peppers, garlic and carrot into the pan, cook and stir 1 to 2 minutes. Add thyme, allspice, vinegar, water, salt, and sugar and continue cooking until onions have softened and liquid has reduced, about 5 minutes.

Fried Bammy

Preparing Bammy – Mix cinnamon powder and sugar in coconut milk then add bammy to mixture for about 30-45 seconds to soak and absorb liquid then fry in hot oil.

Presentation





Cheesy Veg & Plantain Wrap

Ingredients

Plantain Wrap

Plantain
Cheddar cheesy
Parsley
Tomato
Onion
Green, Yellow and Red Bell Peppers
Tortilla wraps

Directions

Cheesy Wrap

1. Cut plantain into long strips medium size & fry until golden brown
2. Julienne all vegetables into long strips
3. Add all ingredients into tortilla wrap
4. Sprinkle cheddar cheese on top and wrap your tortilla
5. Place wrap in a hot frying pan and rotate until all sides are golden brown allowing cheese to melt

Presentation

